

*Multiple Choice Sample Questions*  
*ITEC Unit 7 – Diet & Nutrition for Complementary Therapists*

<b>1</b>	<b>Foods high in cholesterol include:</b>		1
A	French dressing, burger relish	B	Soya milk, porridge oats
C	Lamb's liver, prawns	D	Olive oil, corn oil
			<input type="checkbox"/> C
<b>2</b>	<b>Fat soluble vitamins include:</b>		2
A	B6, B12	B	B2, B3
C	D, A	D	B1, folic acid
			<input type="checkbox"/> C
<b>3</b>	<b>What are vitamins?</b>		3
A	Building materials for the body	B	Energy providers
C	Essential organic substances	D	Essential fatty acids
			<input type="checkbox"/> C
<b>4</b>	<b>Which of the following could be symptoms of diabetes?</b>		4
A	Increased thirst, frequent urination	B	Dizziness, hunger
C	Disturbed behaviour, over activity	D	Impulsiveness, aggressiveness
			<input type="checkbox"/> B
<b>5</b>	<b>Which enzyme does hydrochloric acid activate?</b>		5
A	Rennin	B	Lactase
C	Trypsin	D	Pepsin
			<input type="checkbox"/> D